

News

National Nutrition Month 2015

Smoothie Making and Taste Testing

Try different smoothie recipes and
make a smoothie to take with you.

March 11

9:00am-12:00pm

Stop in and grab a sample and
some recipes. NO RSVP

Cooking Demo DIY Granola!

Make Your own Granola
and

Make Your own Granola Bars
March 20

1:00pm-3:00pm

RSVP by 3/18

8 spots available

Healthy Snack Taste Testing

Diabetes Alert Day

March 24

11:30am-2:00pm

Stop in and grab a sample and
some recipes NO RSVP!

Reminder

Set up an appointment with
your Nurse Case Manager/
Diabetes Educator today!

Call the Let's Get Healthy
Program office at
518.358.9667



Helping Build A Better
Tomorrow

Water Aerobics with Sylvie Marion Diabetes Center for Excellence Exercise Pool

Thursdays

5:15pm-6:15pm

Saturdays

10:00am-11:00am

And

11:00am-12:00pm



*9 person limit for classes.
Bring swimsuit, towel and shoes to
wear to and from locker room

Group Guided Relaxation Fridays Relaxation Lounge Diabetes Center for Excellence 9:50-10:30am



Deep breathing practice
Progressive muscle
relaxation
Peaceful visualization
Everyone is welcome!

Exercise Classes: Move For Health

Nurse supervised exercise
classes

Must be enrolled in LGHP.

Monday-Thursday

8-9 9-10 10-11 11-12

Community Classes: Club Circuit

Wednesday 12:05-12:50pm

Friday 9:00-9:45am

Steevi King

Lunchtime Yoga

Tuesday and Thursday

12:05-12:50pm

Mary Terrance

Body Works

Monday and Wednesday

4:30-5:15pm

Mary Terrance

Chair Yoga

SRMT Office for the

Aging

Tuesday

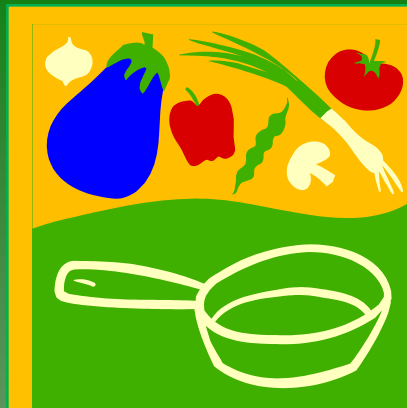
10:00am-11:00am

All exercises classes offered
by the

Let's Get Healthy Program
are free.

Ages 18 years and older.

Please wear comfortable
clothes and bring clean/dry
sneakers.



Enniskó:wa / March 2015



Tsitewatakari:tat/The Let's Get Healthy Program

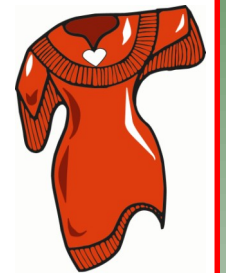
Diabetes Center For Excellence

66 Business Park Road

518-358-9667



The Let's Get Healthy Program Celebrated Wear Red Day 2015



This year, "Wear Red Day" was celebrated at the Diabetes Center for Excellence, on Friday February 6, 2015. The Let's Get Healthy Program provided different activities throughout the day for community members, such as: Club Circuit exercise class, a Heart Healthy breakfast bar, Guided Relaxation session, Heart Health Presentation by Dr. Banu, a Heart Healthy luncheon, make your own low sodium spices station, Ask the RD booth, community screenings for glucose and blood pressure, chair massages by Cubby Jackson for participants, a fitness demonstration and prizes.

Níá:wen to those bringing awareness to Women and Heart Disease.



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March is National Nutrition Month

Eating Right for Older Adults

March is a great time of the year to reflect back on any goals that you may have made for the new year. Check in with yourself and see what it is that you are doing right now to take care of your health or any health conditions that you may have.

Eating Right for Older Adults

Eating right doesn't have to be complicated, take extra time to cook or mean that you have to spend extra money on groceries.

Stop and take a look at your plate at each meal. Does it include fruit, vegetables, whole grains, lean protein and low fat dairy? A healthy plate could be as simple as apple slices, carrot sticks, Triscuit crackers, hummus and a low fat string cheese.

Make sure your plate includes vegetables, and not just at dinner time. Fresh, frozen and no salt added canned vegetables all count. If you are cooking for 1-2 people buying frozen vegetables instead of fresh vegetables is a way to reduce the amount of food you waste.

Add fruit to your meals as well as your snacks. Fresh, frozen or canned all count. If buying canned fruit choose varieties that are packed in 100% juice. A serving of fruit is one small piece, the size of a tennis ball or 1/2 cup if cut up. Limit the amount of dried fruit and fruit juices you have as they are high in sugar and calories.

Choose whole grains. Always look on the food label or ingredient list to ensure your foods are "whole" grain. Choose whole grain breads, brown rice, quinoa, barley, oats, whole grain crackers, whole grain cereals, whole grain pastas whenever available. They are higher in fiber and will help keep your digestive track as well as your cholesterol levels in check.

Make the switch to low fat milk, yogurt and cheese. By switching to low fat dairy you are cutting back on calories and fat. Try switching to 1% milk, plain Greek yogurt and reduced fat cheeses. If you are lactose intolerant choose non dairy milk, yogurt and cheese. If choosing non dairy milk like soy or almond milk, be sure that you are choosing unsweetened varieties to avoid added sugars and flavors.

Choose lean protein. Not all protein has to come from meat or eggs. Beans/legumes, nuts and seeds, peanut butter, almond butter, egg whites, tofu, quinoa and seafood are all good sources of protein.

Enjoy your foods but eat less of them. As we age our calorie needs decrease. Watch out for oversized portions. Try using smaller plates, bowls and cups to help reduce portion sizes.

Information Source: The Academy of Nutrition and Dietetics

National Nutrition Month!

If you see a registered dietitian (RD) now would be the time to schedule a follow up appointment. If you have never been to see a registered dietitian now would be a great time to set up an initial appointment.

Helpful Tips:

When going to see a dietitian you should bring the following with you:

- 1) A food journal that has a least a few days worth of meals, snacks and any beverages consumed.
- 2) A list of any prescriptions, over the counter medications or supplements that you are currently taking.
- 3) A glucometer or blood glucose logbook that has the time and glucose level.
- 4) A list of questions or concerns

St. Patrick's Day is
March 18th

Remember to eat your
GREEN fruits and veggies

Collard Greens
Kale
Spinach
Cabbage
Dark Green Lettuce
Cucumbers
Green Apples
Green Grapes
Green Bell Peppers
Green Onions
Kiwi
Honeydew Melon



Green Beans
Broccoli
Avocado
Snow Peas
Split Peas
Edamame
Zucchini

Diabetes Alert Day 2015



Please join the Let's Get Healthy Program
at the

Diabetes Center for Excellence

on

Tuesday March 24, 2015

for

Diabetes Alert Day:



If you have a family history of diabetes or have signs or symptoms of diabetes and want to have your blood glucose checked, this is the event for you!

11:30 am – 2:00 pm: Blood Pressure and Blood Glucose Screening.

Healthy Snacks provided and take the Diabetes Risk Test for a chance to win a prize!

12:05 pm – 12:50 pm: Lunchtime Yoga

1:00 pm – 2:00 pm: Diabetes Bingo with Diabetes Educator Cherie Bisnett, RN

For more information, please contact the Let's Get Healthy Program at 358-9667.

*To take the Diabetes Risk Assessment online, go to <http://www.diabetes.org/are-you-at-risk/>

Treatment and Care for American Indians/Alaska Natives with Diabetes

Consider these sobering statistics from the U.S. Department of Health and Human Services Indian Health Service:

2.2 times higher— Likelihood of American Indians and Alaska Natives to have diabetes compared with Non-Hispanic whites

68%— Increase in diabetes from 1994 to 2004 in American Indian and Alaska Native youth aged 15-19 years

95%— Of American Indians and Alaska Natives with diabetes who have type 2 diabetes. A condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently.

Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people.

30% — Estimated percent of American Indians and Alaska Natives who have pre-diabetes.

American Indians and Alaska Natives are clearly at greater risk. Educate yourself on how to prevent type 2 diabetes if you don't have it now, or how to effectively treat it if you've been diagnosed.



Diabetes and The 7 Self-Care Behaviors of AADE

Behavior # 2: Being Active



Being active is not just about losing weight. It has many health benefits like lowering cholesterol, improving blood pressure, lowering stress and anxiety, and improving your mood. If you have diabetes, physical activity can also help keep your blood sugar levels closer to normal and help you keep your diabetes in control.

It can be difficult to find the time or the motivation to start an exercise program. Everyone's physical abilities and schedules are different; choose the best ways to fit physical activity into your daily life—whether it's walking to work, doing chair exercises or working out at the gym.

The important thing to remember is to choose activities that you enjoy doing and to set goals that are realistic.

Did you know?

Breaking activity into three 10 minute sessions throughout the day is as good as one 30 minute session. This can help you fit exercise into your schedule.

Quick tips:

Any amount of physical activity is better than none at all. Making physical activity part of your daily lifestyle burns calories even if it's not part of a structured plan. Even if you are inactive and out of shape now, you can improve your health by moving just a little more.

Take small steps to add more movement into your daily lifestyle. In time, you will find that you are stronger and will be able to move even more!

Check your glucose before and after physical activity to learn how your body responds.

Make a FIIT Plan for your physical activity:

Frequency— How often will you do this activity? Work up to 5 or more days per week.

Intensity— How hard should you be working? Remember, you should be able to talk, but not sing during an activity.

Time— How long will you do it? Be realistic. Start with 5 or 10 minutes and work up to 30.

Type of Activity— What will you be doing? Do something you enjoy!

Get Creative:

- Partner with a friend to find creative ways to be more physically active
- Call a friend to go dancing or put on your favorite song and make the living room your personal dance floor
- Find a gym buddy to motivate you to stay active
- Take the stairs instead of the elevator
- If you eat lunch with a co-worker, ask him/her to join you for a short walk after you eat.

http://www.diabeteseducator.org/export/sites/aade/_resources/pdf/general/AADE7_being_active.pdf



Fitness Page



Food and Exercise—What a GREAT Combination!

Spring is almost here and that means summer is right around the corner! If you want to lose a few pounds and become healthier this summer, you need to burn more calories than you take in. But did you know that some of the food choices you make everyday will hinder your ability to exercise effectively? Check out this example guide to see just how much exercise is needed to burn off the calories from some of your favorite foods:

SNACKS: Not all snacks are created equal! (BAD)

Mars Bar = 50 minutes of water aerobics
Jelly Doughnut = 45 minutes of walking
Blueberry Muffin = 23 minutes of swimming

(GOOD)

Banana = 16 minutes of walking
Pear = 11 minutes of push mowing the lawn
Orange = 6 minutes of jogging
Carrots (1/2 cup) = 3 minutes of dancing
Potatoes (1/2 cup) = 26 minutes of golf

DAIRY: Dairy products are often high fat and therefore, high in calories!

Butter (One Pat) = 5 minutes of dancing
Sour Cream (1 TBS) = 3 minutes of jogging
Cheddar Cheese (1 oz) = 13 minutes of swimming
Cottage Cheese (1/2 cup) = 4 minutes of walking
Mozzarella (1 oz) = 10 minutes of aerobics



DRINKS: Calories from drinks count the same as calories from foods!

Orange Juice = 18 minutes of walking
Diet Drinks = 45 minutes of dancing
Red Wine = 18 minutes of gardening
Pint of Beer = 45 minutes of dancing or aerobics

LUNCH: BEWARE OF UNREALISTIC PORTION SIZES!

Egg Salad Sandwich = 1 hour and 20 minutes walking uphill
Cheeseburger & Fries = 88 minutes of aerobics
Chicken Caesar Salad = 60 minutes of skating
(Regular) Hot Dog = 36 minutes of dancing

DINNER:

12" Pepperoni Pizza = 3 hours & 40 minutes of walking
Fish & Chips = 1 hour & 10 minutes jogging
Spaghetti = 1 hour of low impact aerobics
Six Chicken Nuggets = 45 minutes of dancing

Question: Will fasting before my workout burn more fat?

There are many opinions and mixed messages on this subject. Some athletes believe that working out on an empty stomach burns unwanted fat and boosts your metabolism. It's also believed that fasting optimizes hormone levels and helps build lean muscle mass.

So here is the verdict: fasting does have its benefits and also has its risks, especially with diabetics. Fasting is usually done with body builders and supreme athletes that have upcoming events. To maintain a healthy weigh, it is not needed!!! It not only leaves your body feeling lousy but it also decreases your intensity level in your workout. Exercising with food in your stomach still burns fat and leaves you with more energy. Make sure to eat 30 minutes before your workout, and have a snack that has a serving of carbs, a protein and a healthy fat to give you the energy you need to excel in your workout.

National Nutrition Month 2015

"Bite into a Healthy Lifestyle"

Red Beans and Rice

Serves: 8

This recipe was given to us by our dear friend, Mary Allen



Ingredients:

- 1 pound dried red kidney beans
- 1 large yellow onion, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, minced
- 2 bay leaves
- 1 cup chopped ham
- 1/2 tsp ground black pepper
- 1 cup uncooked long grain brown rice

Directions:

Place dried red kidney beans in a soup pot, cover with cold water and let soak over night or for 8 hours. Drain and cover with fresh water, just enough so the beans are covered. In a skillet sauté onion and celery until tender, about 5 minutes. Add garlic to the skillet and sauté another 2 minutes. Add the sautéed vegetables, bay leaves, ham and black pepper to the bean pot. Bring to a boil over medium heat. Once beans come to a boil, reduce the heat, simmer, cover, and cook for 2-3 hours stirring every 30 minutes. When the beans are almost done, in a separate pot, cook brown rice according to package instructions. Remove bay leaves from the beans and serve warm over 1/2 cup cooked rice.

TRY THIS! Try using cooked quinoa in place of rice.

A cheap meal for busy families.
Make ahead of time.
Serve when ready

Mediterranean Flounder

Serves: 4

Directions:

Preheat oven to 425 degrees. Heat olive oil in a skillet over medium heat. Add the onions and sauté until tender, about 5 minutes. Add the garlic and the Italian seasonings, stirring well to combine. Add the tomatoes and cook until tender and warmed through. Mix in wine, olives, capers, lemon juice and half of the basil. Reduce the heat and add parmesan cheese. Cook the entire mixture until it is hot and bubbly. If you prefer a thicker sauce, cook until the sauce has reduced to a thick sauce, about 15 minutes. Place fish in a shallow baking dish. Cover the fish with the tomato sauce and bake in the preheated oven for 15 minutes or until the fish is easily flaked with a fork. Serve warm with whole grain pasta/couscous, wild rice, or quinoa.

Capers add a salty, vinegary taste to foods. Use sparingly.

Ingredients:

- 1 (15 oz) can no salt added diced tomatoes
- 2 TBSP olive oil
- 1/2 yellow onion, chopped
- 2 cloves garlic, chopped
- 1/4 tsp Italian seasoning
- 1/4 cup white wine/cooking wine or broth
- 24 kalamata or black olives, pitted and chopped
- 4 TBSP capers (if desired)
- 1 tsp lemon juice
- 6 leaves fresh basil, chopped or 1 tsp dried basil
- 3 TBSP grated parmesan cheese
- 1 lb fresh flounder or any firm white fish

The American Heart Association recommends at least 2 servings of fish per week.

Check it out at Diabetes Alert Day

Broccamole Dip

a lower fat alternative to guacamole

Ingredients:

- 3 cups fresh broccoli, cleaned and chopped
- 1 jalapeno, seeds removed, chopped
- 2 TBSP green onions
- 1 tsp olive oil
- 2 oz silk tofu, drained or 1/4 cup plain greek yogurt
- 1/4 tsp chili powder
- 1 TBSP fresh chopped, or 1 tsp dried
- 1/4 tsp ground black pepper
- 1/4 tsp garlic powder

Directions:

Cook the broccoli in boiling water until soft. Drain the broccoli well. Transfer to a food processor with all the other ingredients and process until smooth. Add additional olive oil for a smoother texture. Serve warm or chilled with fresh veggies, pitas or whole grain chips.

Pineapple-Mango Smoothie

Ingredients

- 1/4 cup plain Greek yogurt
- 1/8 tsp pure vanilla extract
- 1 teaspoon honey/agave nectar or other sweetener
- 1/4 cup unsweetened almond milk or water
- 1/2 ripe banana, peeled
- 1/4 cup mango, cut into chunks
- 1/4 cup pineapple, cut into chunks
- Ice cubes if desired

Directions

In a blender or food processor, place yogurt, vanilla, sweetener, milk, banana, mango and pineapple. Cover; blend on high speed 30 seconds or until smooth. You may have to add more liquid. Serve immediately. ENJOY!

****Also can find frozen pineapple and mango chunks in the freezer section of the grocery store to cut time and price****

TRY THIS!

Add frozen or fresh spinach to the recipe.

Avocado Banana Smoothie

Ingredients

- 1/2 avocado, peeled
- 1/2 cup unsweetened almond milk or skim milk
- 1/4 teaspoon vanilla extract
- 1/2 ripe banana, peeled
- 1 teaspoon honey/agave nectar or other sweetener
- ice cubes if desired.

Directions

In a blender or food processor add all ingredients. Cover and blend on high speed for 30 seconds or until smooth. You may have to add more liquid. Serve immediately. ENJOY!

****Save your over ripe bananas for smoothies. Peel them and cut in half. Save them in a Ziploc bag in the freezer. Add to any smoothie recipe.****

TRY THIS!

In place of almond or skim milk try making smoothies using brewed green tea.

Make Your Own Granola

Recipe from: www.preparedpantry.com

Ingredients:

- 2 cups old fashioned rolled oats
- 1/4 cup seeds of your choice
- 2 tablespoons oat flour
- 1 teaspoon spices of your choice
- 1/4 cup sweetener of your choice
- 2 tablespoons canola oil
- 1/2 teaspoon flavor extract
- 1/4 cup dried fruit of your choice
- 1/4 cup nuts of your choice

Flavor Suggestions:

- Honey nut
- Cranberry coconut
- Cinnamon raisin
- Pumpkin pie
- Maple walnut
- Orange cranberry

Directions:

Preheat the oven to 300 degrees
In a large bowl mix all the dry ingredients **EXCEPT** dried fruit and nuts.
In a small bowl mix sweetener, oil and extract together.
Add the liquid to the dry and mix well.
For clusters, squeeze small amounts of the mix together until it small clumps form.
Spread the granola on a non stick baking sheet.
Bake for 25 minutes, remove the sheet from the oven, stir granola with a spatula, add in the dried fruit and nuts and return to the oven for another 10 minutes.
Allow granola to cool on the sheet.
Store in a airtight container for up to 10 days.
*** It will get crispier and crunchier as it cools***

Not all granola is healthy. Some store bought granola can be loaded with sugars and unhealthy oils. This month's cooking demo will be:

DIY Granola recipes

March 20th 1:00pm-3:00pm

RSVP required by March 18th



**Check out these smoothie recipes and more on March 11th.
National Nutrition Month Event at the Diabetes Center for Excellence.**